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Homemaker News
EXCLUSIVE TO STATE EXTENSION EDITORS
U.S.D.A. PRESS SERVICE, OFFICE OF INFORMATION, AND EXTENSION SERVICE

No. 130 December 12, 1936.

CURRENT SERIAL RECORD
1936

THRIFTY FLAVORS FOR LOW-COST MEALS

"Choose Condiments Carefully" is a good slogan for the housewife interested in feeding her family well on little money. When foods with little taste of their own predominate in the menu, flavors aid in making the food appetizing.

Old-fashioned inexpensive herbs like bay leaf, thyme, and sage are excellent for soups as well as for meats and stuffings. A half of a bay leaf or a sprig or two of dried thyme is enough for a medium-sized pot roast, a piece of boiled ham, a stew, or a meat-and-cereal dish. Sage makes good seasoning not only for stuffings but also for beef, pork, and cheese dishes. It gives best flavor when used sparingly.

Other inexpensive seasonings are: Cloves or cinnamon for smoked meats like ham or shoulder; curry powder with almost any meat or fish dish, especially one made of left-overs; mustard for salad dressings, cheese dishes, ham, fresh pork, beef, and mutton.

Tomatoes either fresh or canned, lemons, bacon fat and meat drippings, onion, garlic, celery, and parsley provide not only flavor but also food value.

Further information on ways to cut food costs may be found in Farmers' Bulletin No. 1757, "Diets to Fit the Family Income", issued by the U. S. Department of Agriculture, Washington, D. C.

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